



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 11006, Arrowhead, cooked, boiled, drained, without salt

Report Date: July 04, 2017 19:09 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor:2.78 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1	Data points	Std. Error	1 medium	
		Value Per100 g			12g	12g
Proximates						
Water	g	77.08	1	--		9.25
Energy	kcal	78	--	--		9
Energy	kJ	326	--	--		39
Protein	g	4.49	1	--		0.54
Total lipid (fat)	g	0.10	1	--		0.01
Ash	g	2.19	1	--		0.26
Carbohydrate, by difference	g	16.14	--	--		1.94
Minerals						
Calcium, Ca	mg	7	1	--		1
Iron, Fe	mg	1.21	1	--		0.15
Magnesium, Mg	mg	49	1	--		6
Phosphorus, P	mg	197	1	--		24
Potassium, K	mg	881	1	--		106
Sodium, Na	mg	18	1	--		2
Zinc, Zn	mg	0.22	--	--		0.03
Copper, Cu	mg	0.135	--	--		0.016
Manganese, Mn	mg	0.285	--	--		0.034
Selenium, Se	μg	0.6	--	--		0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.3	1	--		0.0
Thiamin	mg	0.144	1	--		0.017
Riboflavin	mg	0.060	1	--		0.007

Nutrient	Unit	1			1 medium	
		Value Per 100 g	Data points	Std. Error	12g	
Niacin	mg	1.160	1	--		0.139
Pantothenic acid	mg	0.449	--	--		0.054
Vitamin B-6	mg	0.206	--	--		0.025
Folate, total	μg	9	--	--		1
Folic acid	μg	0	--	--		0
Folate, food	μg	9	--	--		1
Folate, DFE	μg	9	--	--		1
Vitamin B-12	μg	0.00	--	--		0.00
Vitamin A, RAE	μg	0	--	--		0
Retinol	μg	0	--	--		0
Vitamin A, IU	IU	0	--	--		0
Vitamin D (D2 + D3)	μg	0.0	--	--		0.0
Vitamin D	IU	0	--	--		0
Lipids						
Fatty acids, total trans	g	0.000	--	--		0.000
Cholesterol	mg	0	--	--		0
Amino Acids						
Other						
Flavonoids						
Flavonols						
Isorhamnetin ¹	mg	0.0	1	--		0.0
Kaempferol ¹	mg	0.0	1	--		0.0
Myricetin ¹	mg	0.0	1	--		0.0
Quercetin ¹	mg	0.0	1	--		0.0

¹Lako, J., Trenerry, V. C., Wahlqvist, M., Wattanapenpaiboon, N., Sotheeswaran, S., Premier, R. Phytochemical flavonols, carotenoids and the antioxidant properties of a wide selection of Fijian fruit, vegetables and other readily available foods., 2007 Food Chemistry 101 pp.1727-1741